

**Fitter and Faster Tour**

**Saturday, May 15th!**

8am-12pm:

outdoor pool reserved for tour

12-3pm:

6 lane side of pool reserved for tour

# Agua Caliente Aquatic Center

Mon-Thurs 5:30am-9pm Friday 5:30am-8pm

Saturday 8am-7pm Sunday 8am-6pm

\*Pools must be cleared 1/2 hour before facility closes.



## MAY

### Indoor Pool Schedule

### Outdoor Pool Schedule

**Lap Swim**

Monday-Thursday  
5:30am-8:30pm

Friday

5:30am-7:30pm

Saturday

8am-6:30pm

Sunday

8am-5:30pm

**50 Meter Lanes**

Sundays 8am through  
Tuesdays 2pm

**Masters**

Mon/Wed/Fri

6-7am

Mon/Wed

6-7pm

Sunday 8-9am

**Advanced Aerobics**

**with**

**Gwyn & Jill**

Tue/Thurs

6-7pm

Sat 9:30am

CANCELLED

**Sea Dragons**

Mon/Tues/Fri

4-5:30pm

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Adult Swim</b>	8am-12pm 4:30-5:30pm	5:30-8:30am 10-11am 2-3pm 7:30-8:30pm	5:30-9am 10-11am 1-2pm 7:30-8:30pm	5:30-8:30am 2-3:30pm 7:30-8:30pm	5:30-9am 10-11am 1-2:30pm 7:30-8:30pm	5:30-8:30am 11am-12pm 1-3pm	8am-12pm 5-6:30pm
<b>All Member Swim</b>	12-4:30pm	11am-12pm 5:30-7:30pm	11am-12pm 2--3:30pm 6-7:30pm	11:30am-12pm 5:15-7:30pm	11am-12pm 2:30-4pm 6-7:30pm	3-5pm 6-7:30pm	12-5pm
<b>Physical Therapy</b>		12-1pm	12-1pm	12-1pm	12-1pm	12-1pm	
<b>Swim Lessons</b>		3:15-5:30pm	3:30-6pm	11-11:30am 3:30-5:15pm	4-5:45pm	5:15-6pm	
<b>Water Aerobics Classes w/ Anastasia</b>		Beginner-Intermediate 8:30-9:15am Beginner 9:15-10am	Intermediate-Advanced 9-10am	Beginner-Intermediate 8:30-9:15am Beginner 9:15-10am Advanced 10-11am	Intermediate-Advanced 9-10am	Beginner-Intermediate 8:30-9:15am Beginner 9:15-10am Advanced 10-11am	
<b>Arthritis Foundation Classes</b>		1-2pm		1-2pm			

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